TECH CHECK
Interview Guide

This interview guide invites you to talk with someone about tech habits, and think together about tech habits you might want to change.

QUESTIONS

1 What is one of your **earliest memories** of media or tech? Do you remember the specific app, TV show, or device?

2 What sort of media and tech do you use **every single day**, and why?

3 Of the things you shared, what are the **best parts** about the way you use tech?

4 Does using tech ever bring you any **stress** or negative feelings? When and why?

5 Are there any tech habits you wish you could **change** or think might be good to change? Are there any **new** tech habits you've been wanting to build?

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